

US OPEN PREVIEW: CAN WILLIAMS BE DETHRONED?

NADAL ENTERS MEN'S DRAW; INJURY-RIDDLED YEAR IS A MEMORY. PAGE 22



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Monday, August 26, 2013 www.metro.us | t: MetroNewYork | f: MetroNewYork



Liu, the dark horse

PAGE 02

City Comptroller and mayoral candidate John Liu campaigns for voters in Brooklyn. This is the fourth candidate featured in Metro's NYC Votes 2013 series. / BESS ADLER, METRO

AG's lawsuit calls Trump 'university' a big 'sham'

Big time. The New York State attorney general filed a lawsuit that claims mogul Donald Trump cheated thousands of students through his Trump Entrepreneur Institute. **Promises made.** The lawsuit claims Trump used his "celebrity status" to scam people out of their money and seeks \$40 million in restitution. PAGE 04

US: It's too late for UN probe of gas in Syria

PAGE 08

The Word: Good grief, Chris Brown!

PAGE 12

There's something rotten on the Vine

PAGES 14-15



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NEWS

Quoted

"Lots of 3-year-olds are sent to preschool ... but it's only families who can afford to send their 3-year-olds to preschool that get there."

John Liu



John Liu greeted voters on Church Street in Brooklyn last week. If elected, Liu would be the first Asian-American mayor in the city's history. / BASS ADLER, METRO



Liu vies to break from political pack

History maker. The mayoral candidate is down in the polls but fighting to pull his way to the top.

At a campaign stop outside the Church Avenue subway station in Brooklyn, an antsy John Liu, struggling to find hands to shake, asked a campaign worker, "This is the heaviest traffic? Not much traffic this way."

Liu is the current city comptroller and one of the Democratic mayoral candidates in this year's crowded race.

If elected, Liu would be New York City's first Asian-American mayor.

In 2001, Liu became the first Asian-American member of the City Council. When he was elected comptroller in 2009, he became the first Asian-American to hold a citywide office.

Out in Brooklyn try-

What to expect

Liu said he would impose additional taxes on large corporations to fund tax breaks for small businesses.

- Under Liu's universal pre-K program, early education would begin at the age of 3 rather than 4 years old.
- Liu is the only mayoral

candidate who has called for a complete end to stop-and-frisk.

- Liu plans to add 5,000 cops to the force over the course of four years.
- Liu said that as mayor he would continue to push for the legalization of marijuana.

FBI sting

"No campaign can defend themselves against an FBI sting operation intent on deceiving its way into the campaign and making the campaign believe that contributions are legitimate."

John Liu

grade," Liu said.

He has set himself apart on one major issue: stop-and-frisk. All of the candidates have called for its reform, but Liu is the sole candidate to call for abolishing it completely.

When asked about the corruption charges that have earned the majority of his campaign's notoriety, Liu snapped, "What corruption charges? They're not corruption charges."

Liu's campaign was denied matching funds by the Campaign Finance Board because of a federal investigation into the campaign's fundraising activities. As a result of that investigation, a former campaign staffer and a fundraiser are facing federal charges of conspiring "to corrupt an election" by setting up "straw donors," people who make campaign contributions and are later reimbursed, with the intention of defrauding the city of millions of dollars of public matching funds.

Liu called the FBI's in-

NYC votes 2013

Contenders

This is the fourth in a series of profiles that Metro will run on mayoral and comptroller candidates before the upcoming primary on Sept. 10.

investigation "ridiculous and political."

Testimony in the trial has indicated the people involved were under no false impressions as to the illegality of their fundraising activities. He insisted his campaign "doesn't do anything different than other campaigns."

"Except," he added, "I'm the only candidate who doesn't accept contributions from people who do business with the city."



DANIELLE TCHOLAKIAN
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Top 3

Trending online at Metro.us

1 'Meredith Engel's first hand account of the VMAs'

2 'Three die in shootings over the weekend in Brooklyn and the Bronx'

3 'PHOTOS: New York City goes topless for equal rights'

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Donald Trump is being sued for \$40 million in the lawsuit that was filed over the weekend. / GETTY IMAGES

Lawsuit alleges Trump Institute bilked students

Big money. The AG says that Trump's university defrauded 5,000 students.

Real estate mogul Donald Trump cheated thousands of students through a "sham" university, according to a lawsuit filed by New York State Attorney General Eric Schneiderman this weekend.

The lawsuit alleges Trump promised to teach students real estate investing techniques if they

enrolled in The Trump Entrepreneur Institute, but defrauded 5,000 people of \$40 million.

Schneiderman said Trump that used his "celebrity status" to make false promises.

Trump's attorney, Michael D. Cohen, slammed Schneiderman's office for the lawsuit.

"The action has no merit and is nothing more than a cheap publicity stunt to deflect from his weak job performance," Cohen said in an email.

The lawsuit seeks full

restitution for consumers and an order to prohibit similar practices in the future.

ANNA SANDERS
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Scam artists

"No one, no matter how rich or popular they are, has a right to scam hard-working New Yorkers." Schneiderman

In Queens

Police seek man who raped women

Police say a 52-year-old woman was raped after exiting a subway station in Queens last week. Police are trying to identify a black male in his 20s who followed the woman after she exited the Rego Park station Thursday night. The man threw her down a flight of steps and then assaulted her.

ANNA SANDERS

Bronx. Cop shot man stabbing girlfriend

A police officer shot a man while he was stabbing his girlfriend in a Bronx apartment Saturday night.

At 8:25 p.m., a woman told two police officers that a man was assaulting someone nearby.

After arriving at the apartment, the officers saw a man stabbing a woman in the torso.

Cops ordered Guillermo Melendez to stop, but when he didn't, one officer shot him.



The knife / NYPD

The victim and her attacker were taken to Lincoln Hospital where they were both in critical condition. **ANNA SANDERS**

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As Comptroller he uncovered waste, fraud and abuse that saved City workers' their jobs and taxpayers hundreds of millions of dollars.

For the last 12 years New York's economy has not been working for the vast majority of New Yorkers who have watched housing costs and everything else go up while wages stayed flat or declined.

In 1968 the Rev. Dr. Martin Luther King Jr. went to Memphis to stand up for municipal workers. Almost fifty years later we are standing up for all workers and the hundreds of thousands of young New Yorkers still waiting for that first job. In the New York City area 350,000 young people from ages 16 to 24 are not in school and not working—that is seven Yankee Stadiums worth.

Only John Liu has a bottom up plan for economic development that ends corporate welfare in favor of small and mid-size companies.

Only John Liu has pledged to end, not just mend, Stop and Frisk. For years this racial profiling has unfairly put men of color in the criminal justice system, greatly reducing their future employment prospects. Liu's principled stand came before a federal judge ruled the NYPD's use of Stop and Frisk unconstitutional.

On Primary Day, Tuesday, Sept 10th, Vote for the only candidate who has consistently stood up for you—Vote John Liu for Mayor

Polls open from 6 am to 9 p.m.



NYPD. Cops arrest suspect after shooting of 3-year-old boy

A little boy's neighbor was arrested Sunday in the Brooklyn shooting that left the 3-year-old fighting for his life.

Akeem Bernard, 22, was arrested after a bullet hit the child in the head Saturday around 3:30 a.m. in a Flatbush apartment.

The boy was rushed to Kings County Hospital where he was placed in critical condition. He was eventually transferred to Cornell Medical Center where he was listed in stable condition Sunday.

Police said that they believe Bernard was invited into the second-floor apartment by the boy's baby-sitter, who was also present when the shooting occurred. The child lives with his mother, who was not present for the shooting.

Bernard lives in the same apartment building two floors up from the

Outline of a shooting

Akeem Bernard, 22, was arrested in the shooting of a 3-year-old boy in Flatbush on Saturday.

- According to the police, Bernard was a neighbor of the boy's family.
- The shooting occurred, supposedly, after he was invited into the boy's apartment.

little boy who was shot.

Police are still investigating why he was invited into the apartment and why he allegedly fired a gun and shot the child.

Bernard was charged with felony assault, criminal possession of a weapon, endangering the welfare of a child and tampering with evidence.

ANNA SANDERS



NYC goes topless for equal rights

Two dozen or so women and their supporters rallied in Bryant Park on Sunday afternoon to demand equal rights to go topless, the same as men. This is the sixth year that the event has been held in the city. It's technically legal for women to go topless in the city, but protestors said that they want to de-sexualize breasts to remove the stigma of bare chests. / ANNA SANDERS

Jersey City

Man arrested in shooting at PATH station

A man was arrested for shooting two fellow passengers at a PATH train station in Jersey City early Sunday morning.

Tari Turpin, 34, of East Orange, N.J., was arrested for shooting two passengers after a dispute spilled onto the Pavonia stop.

A 24-year-old woman was shot in the ankle and a 26-year-old man was shot in the hand, according to the Port Authority of NY & NJ.

Turpin also sustained a gunshot wound to the thigh. All three were taken to the Jersey City Medical Center for non-life-threatening injuries.

A Port Authority spokesman said Turpin was arrested after a brief foot chase.

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Off-duty U.S. soldiers enjoy Saddam Hussein's swimming pool at the Republican Palace on July 14, 2003, in Baghdad, Iraq. / GETTY IMAGES

US soldiers vacation in Hussein's palace

House party. Gomez admits his men were "purposefully obnoxious."

As the war in Iraq drifted along after the fall of Saddam Hussein in summer 2003, the troops were restless. In an effort to keep them occupied, generals took a lucky few for some moments of luxury in one of the former dictator's opulent palaces. The party included Lt. Don Gomez, who is now publishing his adventures and told Metro about the trip.

Was it like spring break? Where there any rules? We were restricted in that there were some no-go areas. It was a military

The place to be

Did you go back?

Yes, two or three times — but it was not the same, and I don't remember them so well. After a while they introduced trips to Qatar, and there was nothing as good as that in the Baghdad palace.

building by then, and you could tell if somewhere was off-limits — but there was a lot to explore.

It must have been popular?

The group was about 15-20 U.S. soldiers, and it was full of everybody: Australian

soldiers, international journalists, defense contractors, diplomats and lots of very attractive women. Some people stayed there for six months and rarely left.

Did everybody play nice?

It was like a high school mentality. Our morale had been low and then we had good food, air conditioning and a pool. Some of us were purposefully obnoxious, splashing around, and I think some of the Australians got annoyed. **Were you all getting good souvenirs?** Not at this point; it was a base that had been captured and guarded since early in the war.



KIERON MONKS
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Yosemite. Wildfire grows, fueling dangerous winds

A colossal wildfire raging on the edge of Yosemite National Park has produced dangerous weather patterns by fueling thunderous pyrocumulus clouds that can alter the wind direction rapidly, potentially trapping firefighters, forest officials said yesterday.

The so-called Rim Fire grew to 134,000 acres by early yesterday morning,

with smoke columns rising more than 30,000 feet, said U.S. Forest Service spokesman Dick Fleishman.

"That's a real watch-out situation for our firefighters when they see that kind of activity, they know that the wind could actually move that fire right back on them," Fleishman said. "That's been happening every afternoon."

REUTERS



The Rim Fire outside of Yosemite National Park. GETTY IMAGES



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Syria lets UN inspect attack site, but US says too late

Red line. Obama has warned that the use of chemical weapons would have serious consequences.

Syria agreed to let the United Nations inspect the site of a suspected chemical weapons attack, but a U.S. official said that any such offer would be "too late to be credible."

Foreign powers have been searching for a response since many hundreds of people were killed by poisonous gas on Wednesday in the suburbs of Damascus in what appears to have been the world's worst chemical weapons attack in 25 years.

The United Nations said Damascus had agreed to a cease-fire while a U.N. team of ex-



Syrian army tanks are deployed in the Jobar neighborhood of Damascus. The president of Syria's main opposition group called on Western nations to intervene after a suspected chemical attack. / GETTY IMAGES

perts are at the site for inspections, which will begin today. Syria confirmed it had agreed to allow the inspections.

But there were increasing signs that the United States and its allies were considering taking action, a year after President Barack Obama said the use of chemical weapons was a "red line"

that would prompt serious consequences.

A senior U.S. official said there was very little doubt that the Syrian government had used a chemical weapon against civilians on Wednesday and that Washington was still weighing how to respond.

"At this juncture, any belated decision by the

regime to grant access to the U.N. team would be considered too late to be credible, including because the evidence available has been significantly corrupted as a result of the regime's persistent shelling and other international actions over the last five days," the official told Reuters yesterday.

REUTERS

Gas attack

Russia says 'tragic mistake' to assign blame too soon

Russia said that assigning blame too soon over the alleged chemical weapons attack in Syria would be a "tragic mistake," before a U.N. investigation today.

Without directly naming the United States, but in comments that warned against any military action against Syrian President Bashar al-Assad's government, Moscow urged against "hurried conclusions" over the reports of a poison gas attack. "We strongly urge those who, in trying to impose their opinion on U.N. experts ahead of the results of an investigation, announce the possibility of military action against Syria, to exercise discretion and not make tragic mistakes," the Russian Foreign Ministry said in a statement. **REUTERS**

Senior democrat

US response to Syria must be international action

Any U.S. response to the alleged use of chemical weapons in Syria must be part of an international action, a senior U.S. Democratic senator, Jack Reed, said yesterday.

"It has to have support internationally, not just politically, but militarily," he said on CBS' "Face the Nation," adding that Washington could not get into a "general military operation in Syria."

REUTERS

Quoted

"This has to be an international operation, it can't be a unilateral American approach."

Reed



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Teaching around the cheaters



Copycat. Rethinking how professors deal with students who cheat may be the best way to manage them.

As a longtime English professor at Assumption College, James M. Lang has dealt with plagiarism for a number of years. And along the way, he has developed a firm commitment to enforcing the rules.

But it wasn't until he came across Duke University psychologist Dan Ariely's research on cheating and dishonesty that he fundamentally re-examined his approach to the problem.

"When Ariely and his colleagues wanted to create a situation that nudged people toward cheating, they knew how to do it," says Lang. "And it just hit me: If they're capable of doing that, why aren't we capable of creating an environment that leads people away from cheating?"

Lang's latest book, "Cheating Lessons: Learning from Academic Dishonesty," explores that very question. And his verdict is in: Professors are decidedly capable of decreasing cheating by subtly changing the framework of the



classroom. For Lang, the key is a shift away from a "performance orientation" toward a "mastery orientation." "If the teacher is constantly pointing to the test and teaching toward the test, that can be a performance orientation. But perhaps a bigger problem develops when a teacher doesn't give the student any choice in how they demonstrate

learning," says Lang. "They make students responsible for a huge body of material, but only give them a few tests to show they learned it. A better way is to say, 'Show me what you've learned. Here's 12 different ways to do that.'"

And there's a huge fringe benefit to this shift, for both students and professors: "It turns out that when



James M. Lang / PROVIDED

Quoted

"It turns out that when students have a performance orientation, not only do they cheat more often, but they actually learn less, even when they aren't cheating."

Lang

students have a performance orientation, not only do they cheat more often, but they actually learn less, even when they aren't cheating," reports Lang. "They tend to engage in shallower forms of learning, where they don't retain much afterward."



BRUCE WALSH
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Students get technical

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New, fun programs make STEM subjects the height of cool for NYC students.

A number of New York City high school students have been busy getting a jump on the Silicon Valley scene this summer, attending workshops and competitions geared toward developing skills in science, technology, engineering and math, known as STEM.

"Burn Notice" Science Challenge

Three rising sophomores attending Columbia Grammar and Preparatory School placed second in the first "Burn Notice" Science Challenge, a national competition inspired by

the USA Network's successful spy series.

According to Drew Tomback and twin brothers James and Hugh Savoldelli, friends and classmates are "kinda jealous." The boys won \$5,000 for their device: garage door openers that became Morse code transmitters and receivers. "This allows spies to talk to each other through Morse code by using ordinary household products," says Tomback.

The competition was the brainchild of Matt Nix, creator and executive producer of "Burn Notice," and was designed to be exciting and creative, but also safe.

App Academy

This month, Nomi Kaplan worked with 30 local high school students at the two-day Samsung Mobile App Academy. Students learned how to



Mayim Bialik brings a touch of Hollywood — and zombies — to the classroom. Videos can be found at Stemhollywood.com. / PROVIDED

create design briefs for apps that could improve the education system or streamline medical care.

"[They] work on projects exactly as we would in the real world," says Kaplan, who is a creative project manager in mobile app development.

In addition to receiving their own Samsung Galaxy

Note tablets, attendees now have two weeks to pitch their own apps and win up to \$20,000 in academic scholarships, Kaplan says.

iPad Zombies

Kids who aren't old enough to design mobile

apps or "MacGyver" in Morse code can download a new series of science videos and lessons designed by Texas Instruments with the National Academy of Sciences' Science & Entertainment Exchange Program.

The videos cover topics like zombies, superheroes and space and feature Mayim Bialik, neuroscientist and actress from "The Big Bang Theory." Bialik is joined by STEM field leaders, including Dr. Steve Schlozman, a Harvard Medical professor and zombie expert.

Studying zombies is a great way to learn about how the human brain functions and to think about the way that contagious diseases spread in terms of math, he says.

MARY SHELL
letters@metro.us

Cool toy alert

LittleBits Exploration Kits

LittleBits Exploration Kits give curious boys and girls all the tools they need to build their own flashlights, alarms, glow-in-the-dark iPhone cases and more. The kits come with simple color-coded electronic "bits" that fit together with other pieces to become objects that light up, rotate, pulse and perform other functions, no wiring required. "Our mission is to make the world of electronics fun and accessible to everyone by breaking modern-day technology down to its most fundamental parts," says LittleBits' founder Ayah Bdeir, an MIT Media Lab alumna and TED Senior Fellow. New kits launch Sept. 14 at www.littlebits.cc.

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2

CULTURE



Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Lena Dunham is punk like Avril, Conan puts out a personal ad, Rainn Wilson is trying to break Twitter and Andy Cohen digs for 'N Sync gossip before the VMAs yielded an answer.

@lenadunham: Ironically, Avril Lavigne evokes a feeling in me that can only be described as punk.

@ConanOBrien: Ladies: Looking for a married man who's totally committed to his wife & only allowed to talk to other women via tweets? I'm your man.

@rainnwillson: BREAKING: 2Chainz was arrested in Oklahoma. He was taken away in 1Cuffs. (Im trying to break Twitter)

@BravoAndy : Hey @Lance-Bass you doing anything special today????



VMADNESS!

Oh man, can you believe that Taylor Swift got played like that by Yeezy AGAIN at the VMAs last night? Just kidding, this is just a still from the film reel of that trauma that plays constantly in T-Swift's head. Girlfriend seriously can't let that one go. (Not sure if you guys know this, but Taylor Swift can hold a grudge. She's got a lot of feelings, OK?) When you get into work, head on over to Metro.us/entertainment to read up on all our coverage on what actually did go down at the Barclays Center last night. Spoiler alert: There was a big MTV thing. Celebrities were there. Taylor Swift was definitely there. / FILMMAGIC



Robin Thicke / WIREIMAGE

Blurred legal lines

Aww, poor Robin Thicke. The slick-as-hell singer is currently embroiled in a court battle with Marvin Gaye's estate over allegations that he jacked elements of Gaye's song "Got to Give it Up" for "Blurred Lines."

Gaye's people just nixed a six-figure settlement offer, which means Mike Seaver's slightly more suave bro will have to keep fighting the suit.

But you know who I don't feel too badly for? Robin Thicke. Homeboy is neck-deep in the finest tail the world has to offer (on set, at least; it is purported that he's happily married and faithful) and is currently owning the pop charts. And did I mention all the sex that guy is most definitely having (with his wife, JUST HIS WIFE), probably as I type this?

THE WORD

Alexandra Cavallo takes on the world of gossip.

ALEXANDRA CAVALLLO
@AlexCavallo

Dorothy Robinson will return Sept. 3.

Kardashian husband missing on suspected Krack binge

I sometimes wonder what you'd have to be smoking to marry into the pack of bedazzled harpies that is the Kardashians. Turns out, it's crack. You have to be smoking crack.

It's recently been revealed that Lamar Odom (aka Mr. Khloe) has been addicted to crack for years.

And now, according to TMZ, he's missing. The Kardashians fear that the basketball star (now better known as the guy who has to listen to the least famous Kardashian whine all day) is on a drug binge after Khloe threw him out of the house. I'm thinking that he's just binging on



LAMAR ODOM
NBAE/GETTY IMAGES

time away from Khloe.

Because we all know what happens when you spend too much time with a Kardashian woman: The orange eunuch formerly known as Olympic athlete Bruce Jenner happens.

On a serious note, I do hope they find this guy alive and well.

1 Material grill

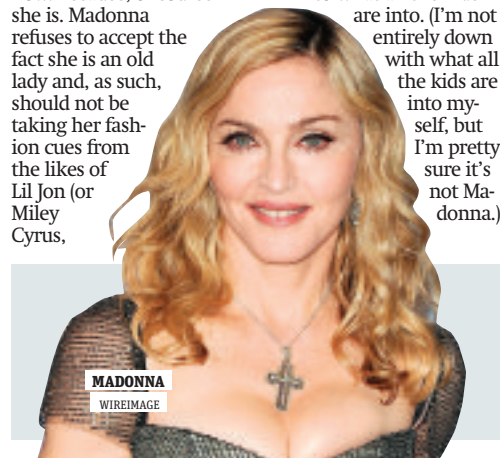
You know that thing that happens when white people get ahold of something that cooler black people are doing, thereby rendering it instantly lame? I'm pretty sure that Madonna has just done that thing to grills.

Because, uh yeah, Midge is wearing a grill now. Because, of course she is. Madonna refuses to accept the fact she is an old lady and, as such, should not be taking her fashion cues from the likes of Lil Jon (or Miley Cyrus,

who hammered the first nail in the grill coffin).

The 55-year-old pop star showed up for the unveiling of her new fitness club in Rome with a big old mouth full of metal, in what could not be a more nakedly desperate attempt to remind us that she is still super relevant and hip to what all the kids

are into. (I'm not entirely down with what all the kids are into myself, but I'm pretty sure it's not Madonna.)



MADONNA
WIREIMAGE

Chris Brown makes more good decisions

You know who is totally killing it at life right now? Chris Brown.

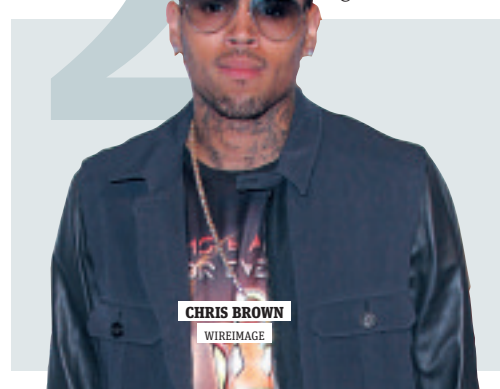
That guy is like the poster child for good decision making and not crapping all over your own personal brand. Beat up your very famous girlfriend? Check. DUI? Check. Insane Twitter rants about every gripe that passes through your crazy head? Check. Insinuating that you have ties to a very violent gang by illegally graffiti-ing a building? Check!

Brown hit that last checkbox this past Thursday in Hawaii, when he took time off from drinking fruity cocktails and

hitting the beach to tag a wall with epitaphs like "F— police" alongside what is apparently a shout-out to the Bloods.

Brown, he of sound life choices, signed his illegal street art with the words "Fruits Piru," which people who know more about the intricacies of urban gang life than myself speculate is a reference to the Fruit Town Piru gang, a subset of the scary-as-hell L.A. gang.

Because a smart thing to do when you're on probation, and also a famous person, is to pledge your allegiance to one of the world's most notorious street gangs. Killing it!



CHRIS BROWN
WIREIMAGE



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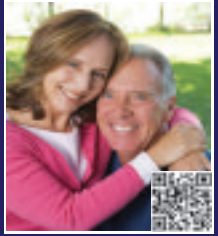
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Rotten fruit on the Vine

That's not funny.

New video-sharing technology has fostered some of the oldest forms of contempt.

Society has come a long way in making racism unacceptable. But with the launch of Vine in early 2013, being racist seems to have been all the rage this summer. The site showcases videos of white behavior vs. black behavior, much like old minstrel shows.

Facebook's "Best Vines" page features the most "liked" and most popular Vines, several of which have racial overtones and negative stereotypes.

"It's been known for a long time that the Internet is a very popular place for hate speech," says Kim Pearson, the chair of the department of African-American studies at The College of New Jersey. "I think there are parallels



Nearly 200,000 people like "How Did You Do That?" / YOUTUBE, VINE

Quoted

"Part of what a racist society does is force people who are the objects of that racism to internalize that self-hatred."

Kim Pearson, chair of the department of African-American studies at The College of New Jersey

between minstrel shows and much of what happens in popular culture today."

Let's back up. Minstrel shows were a popular form of entertainment for whites starting in the 1840s. They consisted of white actors in blackface, mocking blacks and portraying them as uncivilized.

Almost 200 years later, videos like "White People Dunking vs. Black People" and "How Did You Do That?" have repeated history. Both portray blacks

negatively, with the latter one even suggesting that it's fried chicken and Kool-Aid that leads to success at basketball. Combined, these videos have almost a half-million likes.

How about "White Moms vs. Black Moms"? With 226,929 likes and rising, the video highlights a white mom telling her son who was just beaten up that she'll talk to his teacher immediately. Then, as the black mom, she comforts her bullied son with,

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"Get out here, you're gonna whoop his ass."

In just seconds, Danyelle Rose, the video's creator, can portray the black mom's response as inferior to the white mom's.

"I am aware that some people think I am racist, but that's OK because I know I am not," says Rose, who is part African-American. "I am adopted by a white mom and black dad. My mom does not act like the white moms I portray in my videos. She acts like the black ones."

In many of these videos, a black person is involved. Why? Pearson says, "Part of what a racist society does is force people who are the objects of that racism to internalize that self-hatred."

Social media is still a new frontier for entertainment. In older forms of entertainment, public figures like Paula Deen are explicitly condemned for racial outbursts. But anonymous Vine users fly under the radar and may have the potential to damage years of activism in just seven seconds.

JULIE KAYZERMAN
letters@metro.us



"It's not me being racist," insists Vine video maker Danyelle Rose, pictured. "I am just making fun of well-used stereotypes. I, for one, think they're hilarious, and that's what it comes down to." / YOUTUBE, VINE



"White People Dunking vs. Black People" has over 200,000 likes online. / YOUTUBE, VINE

Two steps back

Social (anxiety) network

In today's society, built on decades of work by civil rights activists, this resurgence of public racism doesn't seem plausible.

But history professor Christopher Fisher of The College of New Jersey

says our anxieties about economic and social status can influence our behavior, and especially the behavior of a dominant group in society.

"Whenever there is a moment of great social and economic anxiety in America, we tend to play out our emotions racially," he says.



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Step 1

Move more

"Our bodies are designed to move, so move every day. It doesn't have to be strenuous," James Duigan, trainer to model Rosie Huntington-Whiteley and co-founder of Bodyism clinic, tells Metro. Go for a walk or do some squats before lunch. "Don't just think about exercising as a way to look better," he says. "Embrace it as part of your life."



From summer to September: Keep your vacation vibes going

You know that blissful mood you fall into each time the weather gets warm? It doesn't have to disappear after Labor Day. **ROMINA MCGUINNESS**

Step 2

Become aware of whatever it is you're feeling

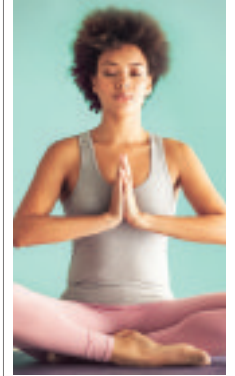
"If you're feeling anxious, try and bring your awareness back to your physical senses," says Andy Puddicombe, co-founder of Headspace, an online resource for meditation techniques.



"Observe your posture, notice any tensions or sensations in the body,

any smells or sounds, and sensations of heat or cold. Mindfulness isn't about emptying the mind, or suppressing uncomfortable emotions, but learning to witness these thoughts and feelings, free from distraction and judgement. Acknowledge them and they'll gradually begin to unwind," he explains.

Step 3



Spend a few minutes meditating

"There are 1,440 minutes in one day: Take 10 to meditate and you'll feel less stressed, less tired and less anxious," says Puddicombe. "A healthy mind is the lens to a healthy life," he tells Metro. Meditation only works if you actually keep to it, so try and establish a regular practice that fits into your daily routine.

Step 4

Divvy up your meals and lay off the alcohol

Duigan recommends eating five healthy meals a day, two of which should be smaller snacks. "Snacking ensures you don't overeat and will also help



speed up your metabolism. Swap sugary treats and low-fat foods (often packed with hid-

den sugar) for foods like raw nuts, turkey slices, berries, vegetables or pea protein shakes (try Bodyism's Protein Excellence), he explains. And stay away from alcohol. "It will make you feel sluggish, bloated and reduce your body's ability to burn fat," he warns.

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ADVICE FOR RUNNERS AND RABBITS ALIKE

"Don't go out fast": That was the first piece of advice I got in kindergarten, coming from the classic story book "The Tortoise and the Hare." (The second was "never eat paste," which on drunken occasions I've forgotten.)

"Don't go out fast" is also the advice I get from every level of runner. It's the most common piece of advice in the running community, the go-to when someone can't think of something else to say. It's important advice, like "don't go out in the sun without sunscreen" and "don't wear bacon-scented underwear around German shepherds" — advice that I have also forgotten and have later regretted.

Advice on running comes from many sources, from websites (569,000,000 results for the keywords "running tips"), to books (three shelves at Barnes & Noble), to other runners (millions worldwide), to Keith (my uncle). And the two main reasons to start slower seem to be because it helps prevent injuries and increase speed.

As a new runner, I'm quick to believe anything that may prevent an injury or increase my speed. I'm very impressionable and not afraid to drink the Kool-Aid. Hell, I'd bath in it. If someone told me that wearing a banana suit would shave two minutes off my marathon time, I'd be



Some runners will do anything to prevent an injury or set a PR.

ILLUSTRATION BY JIM CARROLL

at the banana suit store tomorrow.

There is also advice on topics like stretching, from when (after a run, but not before) to how. My marathon coach, Brian, has suggested dynamic stretching after long runs, which I now do religiously (may I have more Kool-Aid, please?). It makes me look like I'm doing yoga in the park, which is somewhat embarrassing. These dynamic stretches are designed to increase joint dexterity and blood flow, along with public humiliation.

Another runner friend of mine saw that I had painful Achilles tendons and suggested that I soak my feet in buckets of ice water to stave off injuries and increase healing. It's so

cold that it causes severe pain, which helped me find a whole new octave in my expanding repertoire of screeches. Another runner I met on a group run suggested a quick breathing exercise to relieve side stitches, which she was suffering from at the time. I found myself doing the breathing along with her even though I had no stitch (does this Kool-Aid taste funny to you?). Looking less like a runner and more like a Lamaze coach, I managed to get the technique down in just a few strides.

The other piece of advice I often hear from runners is to have fun — something I hope to remember at mile 22, along with "don't eat paste."

On the Run

JIM CARROLL

Jim Carroll has been a New Yorker for more than 15 years but is about to experience one of the most quintessential New York experiences for the first time: the ING NYC Marathon. Join him each week on his journey to the finish line on Nov. 3



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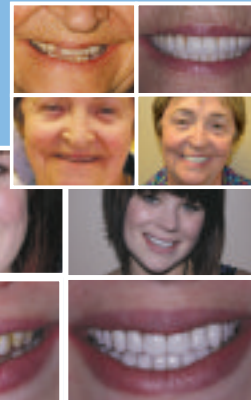
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How employers view online degrees

Cyber Ed. What matters most is where you got your degree — not how.

"Online degree" used to have a negative connotation. But as these degrees become more common, employers aren't looking down on them anymore. In fact, a quick Internet search will show that more and more accredited colleges are adding online courses to the curriculum. And not the occasional online class, either: We're talking full degrees earned entirely on the Web.

Drexel University in Philadelphia, which offers both traditional and online learning, released an infographic depicting how employers view online degrees. "To create the infographic, our team looked at research studies conducted by a variety of news publications,



Swapping the lecture hall for a laptop doesn't mean your degree doesn't measure up. / GETTY IMAGES/BRAND X

Quoted

"The No. 1 advertisement for any program is the quality of people that come out of it."

Frank Mulgrew
President of the Online Education Institute at Post University

career groups, and educational organizations," says Andrew Meyer, associate at SEER Interactive, who helped create the project. "We gathered

the data and found common themes that, when woven together, began to tell a story about traditional and online degrees. We knew that university name recognition was a factor in hiring decisions, but we were surprised to find just how important it was."

Frank Mulgrew agrees. He's a former Drexel employee who managed traditional and online programs. Currently, he is president of the Online Education Institute at Post University. "The No. 1 advertisement for any program is the quality of people that come

out of it. Alumni that are respected and successful reflect well on the institution, regardless of how they earned the degree," says Mulgrew. Many employers understand that a college with a strong traditional core will likely have quality online courses as well.

According to Chris Cullen, managing director at the brand strategy agency Infinitia Group, relevance of a degree matters even more than where it was received. "The notable exception would be the Ivies and 'Ivy Plus' institutions. In general, as long as the credential is relevant and comes from an established, reputable institution, it carries much more weight than a course or credential that is less relevant and comes from a prestigious brick-and-mortar institution," says Cullen.

JULIA WEST
letters@metro.us



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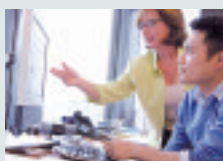
JULIA FURLAN

Computers and keyboards are an integral part of work nearly anywhere — and so are the aches and pains that come with them. Those little twinges can become chronic problems and repetitive strain injuries, such as carpal tunnel syndrome.

Not having the proper ergonomics during long office hours can strain tendons, muscles and affect your nerves. Dr. Lewis Peterson says he sees these cases all the time on the chiropractor's table — and he has some tips to prevent and ease the discomfort.

Put your computer screen at eye level

Peterson says that the first step to feeling better when you're looking at a screen all day is to make sure that screen is in the right place. "The monitor should be eye-level and looking straight ahead, not down," Peterson says. "And your key-



board and the mouse should both be close to your body." A good way to judge, he says, is to have your elbows touching your body, so your elbows create a 90-degree angle.



Move it

Nobody has time to have a dance party in the middle of the day, but Peterson says moving around is a great way to give your fingers, eyes and spine a rest. "Most habits are formed unconsciously,"

Peterson says, so getting up out of your chair every 45 minutes or so is a good start. "You don't have to do anything special," Peterson says, "just go stretch your legs, get some water, reach your hands up to the sky. It's like resetting yourself."

Sit right

Getting used to sitting properly is a huge step in the right direction, Peterson says. "When you're seated, your feet should be on the floor — not crossing your legs or tucking them under the chair, and not cross-legged on the chair." No matter how much better it looks, crossing your legs brings more weight to one side of your body than the other, which is a no-no according to Peterson.

Extra tip

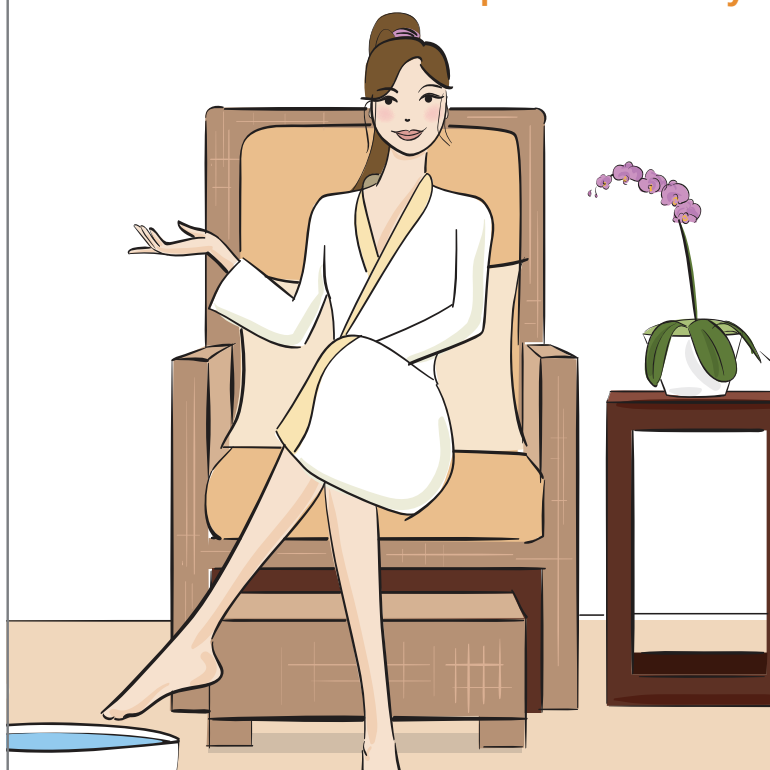
Lose the laptop

Laptops were not designed for prolonged use and should be adapted with a proper keyboard as a rule, Peterson says. "When somebody has to use a laptop as their primary computer, I always suggest that they buy a keyboard and attach the keyboard. It makes a big difference."



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Monday, August 26, 2013

EDUCATION

20

A new way to tackle student debt woes

Loan saga. Obama's new plan involves distributing federal aid based on schools' financial value.



President Obama revealed a new plan to try and tackle the tricky business of student debt.
GETTY IMAGES

institute a ratings system before the 2015 school year that would allow students and parents to select schools based on the best value for the money.

Obama would then push Congress to tie federal student aid to these ratings by 2018, creating an incentive for schools to keep their costs in check.

The plan also aims to ease the pain of federal student loan debt by limiting payments on the loans to 10 percent of borrowers' monthly income.

Major parts of the plan require congressional approval, which may prove difficult.

Universities, many of which are already facing a cash crunch, are expected to push back against a ratings system that may be more difficult to influence than private-sector rankings.

Quoted

"I want to look out for the students who these institutions exist to serve."

Obama

REUTERS



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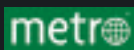
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Horoscope

♍ Virgo | Aug. 23-Sept. 22.
The people you encounter and the places you visit today will prove valuable. Know your limitations, but try your hardest.

♎ Libra | Sept. 23-Oct. 22.
Do what's expected of you and keep moving. If someone is being pushy, find out why and do your best to defuse the situation.

♏ Scorpio | Oct. 23-Nov. 21.
You're in an interesting cycle that will expand your spirituality and ability to handle change. Discuss those innovative ideas.

♐ Sagittarius | Nov. 22-Dec. 21.
Avoid gossip; someone could get you to talk out of turn. A change in your finances due to pressure will result in stress.

♑ Capricorn | Dec. 22-Jan. 20.
Money is heading in your direction, enabling you to do more of what you enjoy. Your boss will recognize your efforts.

♒ Aquarius | Jan. 21-Feb. 18.
Improve your health and the way you present yourself to the world. You'll need patience as well as a degree of financial flexibility.

♓ Pisces | Feb. 19-March 20.
It's a good day to drum up interest in an idea. Discuss your plans with helpers. The right colleagues will be eager to aid you.

♈ Aries | March 21-April 20.
Keep your life simple. A move or domestic change will result in higher costs with someone you expected to help you.

♉ Taurus | April 21-May 21.
Share your thoughts with knowledgeable people. Your recent personal growth will help you develop a friendship with someone.

♊ Gemini | May 22-June 20.
Change your routine and welcome events that introduce you to alternative ways of reaching your goals. Trust your own instincts foremost.

♋ Cancer | June 21-July 22.
Use your creative assets to present your ideas. You will get the support you need to make worthwhile contributions to a cause.

♌ Leo | July 23-Aug. 22.
You'll be eager to try something new or to enjoy the company of someone refreshing and eccentric.

BERNICE BEDE OSOL

Sudoku: Easy and hard

8	2		5					9
			1		6		2	
				2	9	3		7
2	3		7					
	6			1			4	
					4		5	6
1		8	4	9				
	9		3		2			
3					1		7	5

			7					1
7	8	6			1		3	
		1		9		6		
6	3	9	2					5
5					3	1	4	6
		7		3		5		
	1		6			2	9	4
4					9			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Taxpayers happy to foot the bill

I'm sure I can't even come close to the pain and suffering Bradley Manning has endured, and I'm not about to try and condemn his choice(s). I only lend my support that his dream to be what he's always wanted to be comes true. We all know what dreams are. How can any of us wish to take that away from any human being who just wants to fit into society with purpose? Some say taxpayers shouldn't have to foot the bill for his hormone therapy. What about the taxpayers who are more than willing to help support this guy's desire and need? I would definitely contribute to a legitimate

fund to help finance Chelsea's quest. I think a lot of other nonconformists would be willing to do the same.

VINCENT M. CREAR, VIA EMAIL

The US should stay out of Egypt

The U.S. should not support the Egyptian army directly or indirectly. The whole world can make a simple judgement — what is the U.S.'s role in the Middle East? Also, what the army is doing now is totally against U.S. norms and values.

MOHAMMAD UDDIN, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Online

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!



Crossword

Across

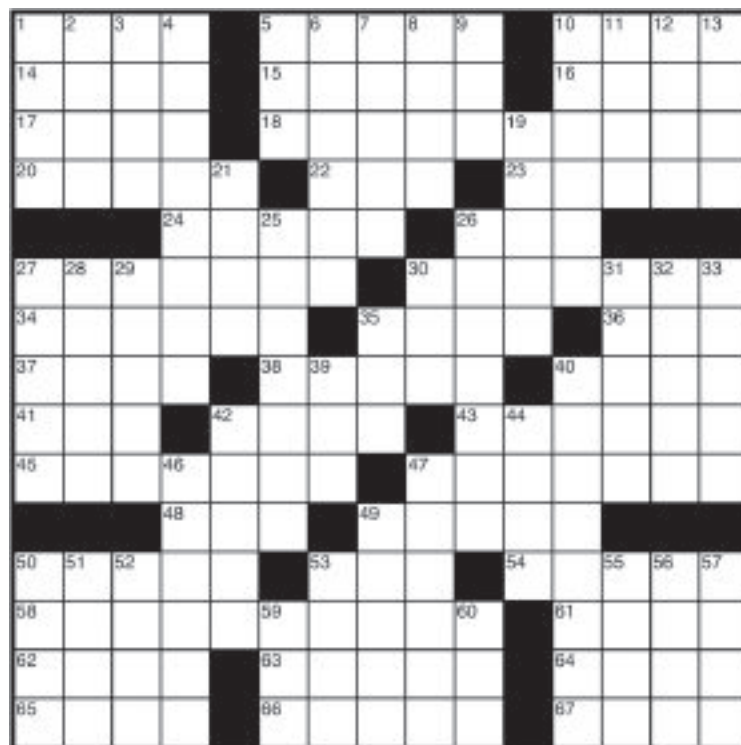
- 1 Brief upturn
- 5 Solitary hunter
- 10 Ore hauler
- 14 Loughlin or Petty
- 15 Fashion's — Simpson
- 16 Icicle site
- 17 Astronaut — Shepard
- 18 Party pooper (2 wds.)
- 20 Folger rival
- 22 — — loss
- 23 Ballpark figure
- 24 Rough like a snake
- 26 Kids' card game
- 27 Unruly
- 30 Razed
- 34 "Me" devotee
- 35 Not rosy
- 36 Barcelona bear
- 37 Short-term worker
- 38 Extemporaneous (2 wds.)
- 40 Appraise
- 41 One, to Conchita
- 42 Kite-flyer's need
- 43 Kitchen gadget
- 45 Curious maiden
- 47 Stockpiles
- 48 Job-ad letters
- 49 Brother's child
- 50 Yet to come
- 53 Some bout ends
- 54 Fix firmly
- 58 Slapped together (hyph.)

Down

- 16 Lugosi of horror flicks
- 62 What the suspicious smell (2 wds.)
- 63 Mountain curves
- 64 Covert
- 65 Overly impulsive
- 66 Not those
- 67 Delightful place
- 1 Lesage hero Gil —
- 2 1970 Kinks tune
- 3 Baha'i origin
- 4 Dismiss (hyph.)
- 5 Playing marble
- 6 Perfect models
- 7 J. Paul —
- 8 Napoleon's isle
- 9 Bro., e.g.
- 10 Prof's goal
- 11 Casanova
- 12 Broad sts.
- 13 New York team
- 19 Tequila cactus
- 21 Playing cards
- 25 He wore a top hat in "Top Hat"
- 26 Kind of mat
- 27 Pause
- 28 Booster rocket
- 29 Lennon tune
- 30 Thai neighbor
- 31 Bank deals

- 32 First name in cosmetics
- 33 People of action
- 35 Univ. degree
- 39 Court evidence, maybe
- 40 Favor
- 42 Director — Allen
- 44 Gait
- 46 Shortage
- 47 Ushers' beats
- 49 Clamor
- 50 Almost shut
- 51 Jealous goddess
- 52 Notable times
- 53 Hindu — range
- 55 Form droplets
- 56 Newsman — Abel
- 57 Repair a sock
- 59 Gamble
- 60 Mao — -tung

Weekend's answer



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SPORTS



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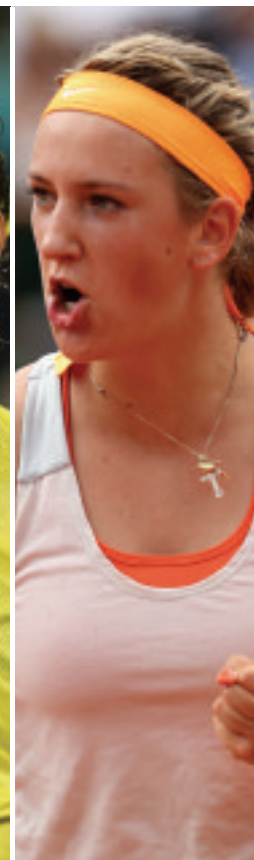
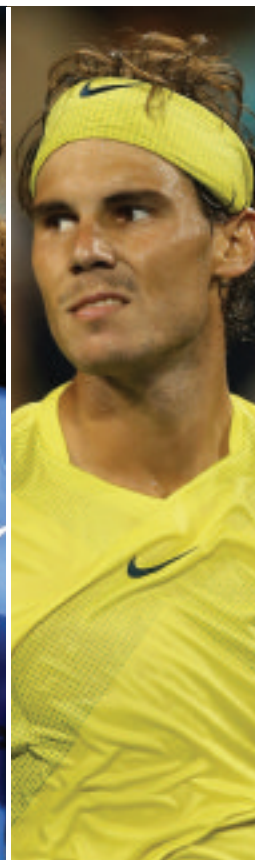
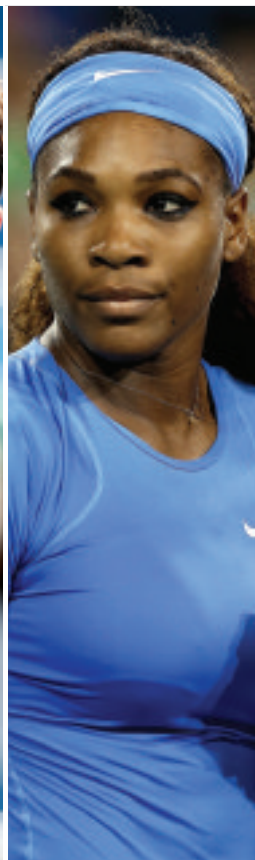
Halladay wins in return

When Roy Halladay underwent rotator cuff surgery in May, he was expected to be out for the season — if not longer. Not only was Halladay not done for the season, he came back in August and looked like his regular self yesterday. He went six innings and allowed two runs.

Watch online



Find video and recap of the previous day's Mets and Yankees games at: Metro.us/sports.



Roger Federer, Andy Murray, Serena Williams, Rafael Nadal and Victoria Azarenka are just a handful of the stars in Flushing the next two weeks. / GETTY IMAGES

Familiar faces on stage at US Open

U.S. Open preview. Rafael Nadal comes in as the man to beat in everyone's estimation.

Rafael Nadal missed last year's U.S. Open with a bum left knee and ended up watching the final on TV from his home on the Spanish island of Majorca. "For sure I watched the final," Nadal said with a smile in reference to Andy Murray's historic five-set win over Novak Djokovic. "It was a great final, but was not a strange feeling because most of the times that I played Grand Slam I watched the final on TV, so at the end is nothing completely new."

What is new is that Nadal comes roaring into

Dark horses

Nadal, Murray and Djokovic are the favorites, but who else could win?

- **No. 6 Juan Martin del Potro** — The big-hitting Argentine won in 2009, knocking off Nadal and Federer back-to-back.
- **No. 7 Roger Federer** — The 17-time major winner enters with his lowest seed in more than a decade.

this year's Open having gone 15-0 on hardcourts in 2013 and won back-to-back hardcourt tournaments in Montreal and Cincinnati.

A year ago, many wondered whether Nadal would have to cut back on his hardcourt schedule because of the punishment

his balky left knee was taking as a result of his grueling groundstroke game.

So much for that theory. "Is true that I am having a great season," said the typically understated Nadal, the No. 2 seed and 2010 Open champ, who meets American Ryan Harrison in the first round.

"Nadal is definitely back, and he's playing maybe the best tennis that he ever played on hard court really," said Djokovic, the No. 1 seed, who could face a rematch with Murray, the reigning Open and Wimbledon champion, in one semifinal. "[Nadal] is definitely so far the best player this year. There is no question about it. The results are showing everything."

ADAM ZAGORIA
sports@metro.us

Ladies' draw

Can anyone stop Serena?

Serena Williams comes into the U.S. Open off a loss. And you can bet the ultra-competitive tennis superstar is hungry to avenge it.

For that to happen, No. 1-seeded Serena would need to meet No. 2 Victoria Azarenka in the women's final for the second straight year.

Azarenka took out Serena in three sets in the recent final of

the Western & Southern Open in Cincinnati and won't back down from the 16-time major winner if they meet again under the Arthur Ashe Stadium lights.

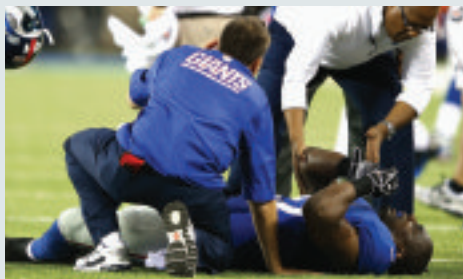
"I'm definitely really excited," said Williams, who beat Azarenka in three sets to win the 2012 U.S. Open. "Every time I lose, I get so pumped afterward and I just feel that way. I just feel like now I'm ready; now I'm prepared. I almost needed that to take my game to a new level."



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ADAM ZAGORIA

Brown out



Brown was a Pro Bowler last season after finishing second in the NFL with eight interceptions. / GETTY IMAGES

Giants receive bad news on Brown's knee

The Giants have suffered a key injury in their secondary for the third straight preseason.

Safety Stevie Brown was diagnosed with a torn ACL after suffering a noncontact injury in Saturday night's loss to the Jets. He was placed on injured reserve yesterday and will miss the season.

Brown injured himself after intercepting a pass by Geno Smith in the second quarter. His

left leg buckled when trying to make a cut during the return.

"It was just something that happened," head coach Tom Coughlin said. "I feel badly for him. He's worked hard. He's prepared himself well and been in a position where he's made a lot of plays for us. We will definitely miss him."

The Giants lost cornerback Terrell Thomas to torn ACLs in each of the last two seasons.

The Giants also announced they cut linebacker Aaron Curry yesterday. **MARK OSBORNE**

Jets: Sanchez to miss final preseason game

NFL. The Jets QB does not have any broken bones, but will undergo further tests on his injured shoulder.

A fourth-quarter injury on Saturday night to Jets quarterback Mark Sanchez will cost the starter the opportunity to play in the preseason finale this Thursday against the Eagles.

The long-term ramifications of head coach Rex Ryan's decision to play Sanchez behind a third-string offensive line are yet to be sorted out.

He is listed by the organization as "day-to-day," but has been officially ruled out of the Eagles game.

A source close to the

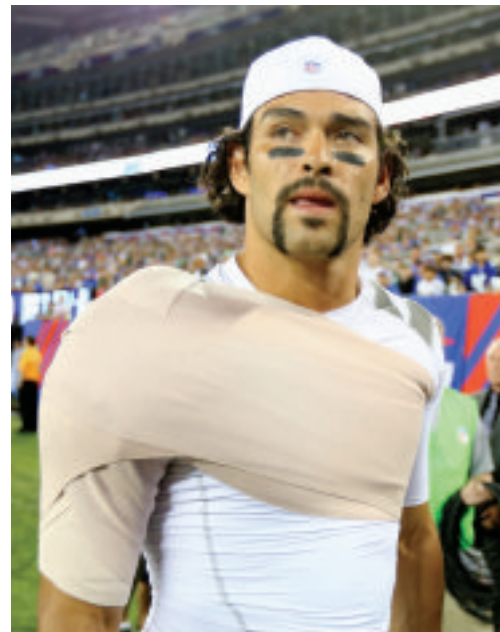
situation tells Metro New York that Sanchez "does not have any broken bones," but that more tests would be needed to determine the extent of the injury. Reports yesterday morning said Sanchez, who had an X-ray after the game, was slated for an MRI the day after the game.

The source said Sanchez, "barring a miracle," will not practice today.

Ryan was unapologetic after the game on his decision to put Sanchez into the game. Given that Smith performed poorly in his first preseason start, including three interceptions and a safety, it was an odd move to put his likely starter come Week 1 into the game and risk injury.

KRISTIAN DYER

sports@metro.us



Mark Sanchez left the game Saturday after injuring his throwing shoulder on a hit by Marvin Austin. / GETTY IMAGES

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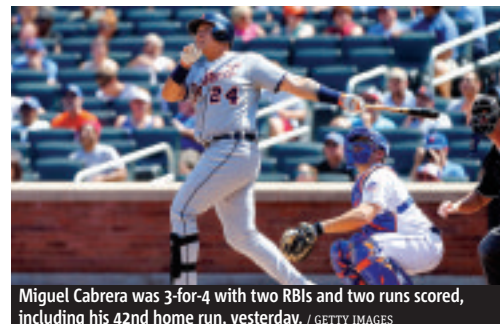
Cabrera, Tigers bash Mets again

MLB. The top team in the AL swept its way through three games in Queens this weekend.

It is not exactly a state secret the Mets are immersed in rebuilding the franchise. But there are natural growing pains in the present.

The Mets finished a lost weekend series by being routed by the AL Central-leading Tigers, 11-3, in the series finale Sunday afternoon at Citi Field. The Mets were swept in the weekend series, and have lost three of their last four.

The Mets, who host the Phillies in a four-game series starting Monday



Miguel Cabrera was 3-for-4 with two RBIs and two runs scored, including his 42nd home run, yesterday. / GETTY IMAGES

night, were outscored 20-4 and outthit 41-17 by Detroit.

"The Tigers aren't in the position they're in without having an outstanding club — good pitching and a dynamic offense," manager Terry Collins said. "We didn't capitalize on any situation we had a chance in. We

didn't get a lot of guys on. They obviously pitched us tough. We didn't swing the bats the way we certainly have been or are capable of. There's a reason why they're playing the way they are playing."

DENIS
GORMAN
sports@metro.us

MLB. Yankees beat Rays with extra-inning sac fly by Granderson

Robinson Cano and Evan Longoria dueled at the plate for the Yankees and Rays, but it was a simply sacrifice fly which gave New York a crucial win.

Curtis Granderson hit a sac fly to center with one out in the 11th inning to give the Yankees a 3-2 win yesterday.

Alfonso Soriano did much of the dirty work, doubling with one out and then stealing third base to set it up for Granderson.

Boone Logan got the win for the Yankees while Mariano Rivera pitched a perfect bottom of the 11th to earn his 38th save. The bullpen pitched 4 1/3 scoreless innings.

Cano drove in both



Cano was 3-for-5 in the game. GETTY IMAGES

runs before extras with a home run to left in the fourth inning and an RBI double — in which he was thrown out going for a triple — in the sixth.

Longoria also homered and drove in an RBI on a single in the game.

MARK OSBORNE

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DRIVERS/ESCORT Bklyn ca. CDL "BPS" Lic req. Board of ED & FT/PT Spn. for BOE cert. Apply 141 Hinsdale (Pittkin/Glenmore) Bklyn. 718-465-8002

DRIVERS

Premier Paratransit is seeking Drivers with NYS CDL Class C with Passenger Endorsement
COME IN FOR APPLICATION
900 Remsen Ave/bet Av D/Foster Av Mon-Fri 8am-7pm. Sat/Sun 8am-4pm

FT/PT DRIVERS WANTED
Bronx Based Access-A-Ride Co. Must Be At Least 21 Years Old. Clean NYS CDL Drivers License, Type C with Passenger Endorsement Req'd. Knowl of Five Boros a Plus. We Offer PAID TRAINING, Paid Sick/Personal Days, Holidays. After 1 yr 2 wks paid Vacation; Medical Benefits; Competitive Salary; Safe Driving & Attendance Incentives. Applicants Must Apply in Person; Contact Roger 124 9A-2P @ 718.828.2472 X201 rizzo@ctrans.com

★ **NYC School Bus Drivers & Escorts** ★
Exp'd & Board of Ed Certified. Apply in person. Immed positions. 1 Coffey St., Brooklyn. 718-832-0286

SCHOOL BUS DRIVERS WANTED
Large School Bus Company seeking Drivers w/a Clean Class B lic w/passenger school bus endorsement. Great Benefits. Apply in person See Joe A. at 68 Sneider Ave., Bklyn 11207 Mon - Fri 9:30am to 4pm or send resume to jobs@ctrans.com

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guaranteed salary mailing our financial company letters from home. No experience required. FT/PT. Genuine opportunity. Rapid Advancement. Free Information (24/7) : 1-888-557-5539

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Restaurant Quick Svc - Counter Help
Up to \$10/hr. Depending on exp. FT. Positions - Days. Servers/Partners Delivery
OPEN INTERVIEWS, M-F, 10am-5pm
HALE & HEARTY SOUPS
42 West 18th St. (Bet. 9th & 10th Aves)
CALL 212-255-2400 x 208

AUTO MECHANIC WANTED
For busy 3 bay shop. Potential for advancement, good pay and benefits. Immediate hire! Call Al, 516-661-1914

DELI COUNTER PERSON
Must have exp in cheese, catering & cold cuts. Good pay. Apply in person 1302 3rd Ave, Manh 212-996-6681

DELI PERSON WANTED
Must have 2 Years Experience, 2892 Broadway, bet. 112 & 113 St, NYC. Call after 3pm, 212-665-9500

DIESEL & GASOLINE MECHANICS
School Bus Co. Full & Part time. Union Shop Apply in person: 1 Coffey St, Bklyn. 718-832-0286

★ **JANITORS/CLEANERS WANTED FT, PT** ★
Must have exp. Downtown Bklyn area. Please call: 201-883-0222

GLAZIER MECHANIC - Skilled
Exp glass mechanic needed for high end glass company. Must be proficient in measuring/installing frameless shower enclosures, hurricane doors, storefront, etc. Excellent opp for right candidate. Must have valid NY drivers lic, strong work ethic, detailed oriented, and reliable, compensation based on exp. min 10 yrs exp
tel: 718-651-8400
fax: 718-651-8401

Installers

Attention Carpet Installers/Contractors
Empire Today, LLC has multiple Contract Positions available for Carpet, Vinyl, and Ceramic Flooring Installers. An Empire Today installer is a subcontractor who represents our company. Must have a reliable enclosed vehicle, excellent communication skills and ability to provide exceptional customer service during every customer interaction. Our contractors work year round and we need more contractors NOW! We offer consistent work and weekly pay. Call or email for additional information. Contact Jackie Castellanos at (788) 556-0911 or jackie@empiretoday.com EOE M/F/D/V

General Help Wanted

Lobby Attendant/Doorman
Overnights/Mornings
Benefits + Union
No felonies.
Pays 14.55 - 19.45
Call 646-841-7799

FIRE SPRINKLER MECH/HELPER
3-5 YEARS EXP. Driver Lic. A Must! Good Benefits. Health Insurance & 401K. Come Grow w/Us. 718-268-4991

★ **OIL BURNER MECHANIC** ★
Full-Time, All-Year Round. Must Have At Least 5 Years Exp. Full Benefits. Call 718-832-6700

PHOTOGRAPHERS NEEDED
Needed for School Portraits, all 5 boros, must have dependable car, w/train. Fax resume: 718-272-0653

★ **RETAIL SALES PERSON** ★
EXP'D IN PAINT SALES. FOR ACTIVE PAINT STORE 718-724-0777

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HOME HEALTH AIDE/CNA TRAINING
NYSED PCA to HHA upgrade. Call 718-325-3050

Legal Notices

NOTICE OF FORMATION of KAREN LITZY PHYSICAL THERAPY PLLC.
Art. of Org. filed with the Secy. of State of New York (SSNY) on 07/08/2013, office location: New York County, SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 165 E. 83rd. Apt 3D, New York, NY 10028. Purpose: Any lawful business

NOTICE IS HEREBY GIVEN
that a license, Serial # 1272818 for Wine & Beer has been applied by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 870 7th Ave., New York, NY 10019, New York County for on-premise consumption. Tisserie 55 LLC

NOTICE IS HEREBY GIVEN
that a license, Serial # 1272805 for Wine & Beer has been applied by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 174 N. Main St., Port Chester, NY 10573, Westchester County for on-premise consumption. Deli Delight Inc. of Westchester

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VISIT FirstDateBroadway.com/2for1 OR CALL **212.947.8844** AND USE CODE **BWAYWK**

OR BRING A COPY OF THIS AD TO THE BOX OFFICE ♥ Longacre Theatre, 220 W. 48th St.

For all other performances visit TELECHARGE.COM

*All prices include a \$2 facility fee. This offer is valid for performances 9/3/13 - 9/15/13 on select seats only. Offer may be modified or revoked at any time. Select blackout dates may apply. Not valid on prior purchases and cannot be combined with any other discounts or promotions. All sales are final; no refunds or exchanges. Telephone and Internet orders are subject to standard service fees. Other restrictions apply, see BroadwayOffers.com for details. Discount expires 9/15/13.